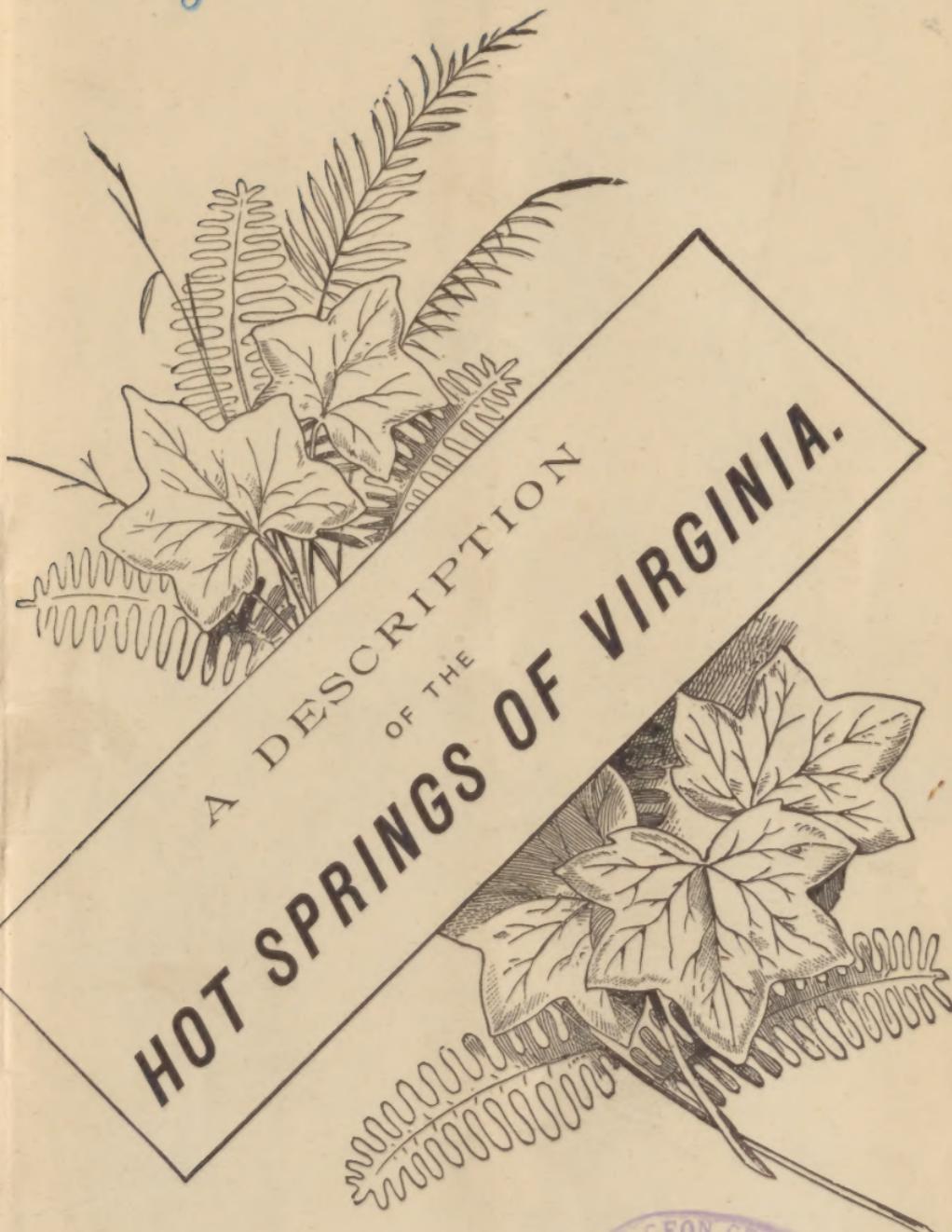
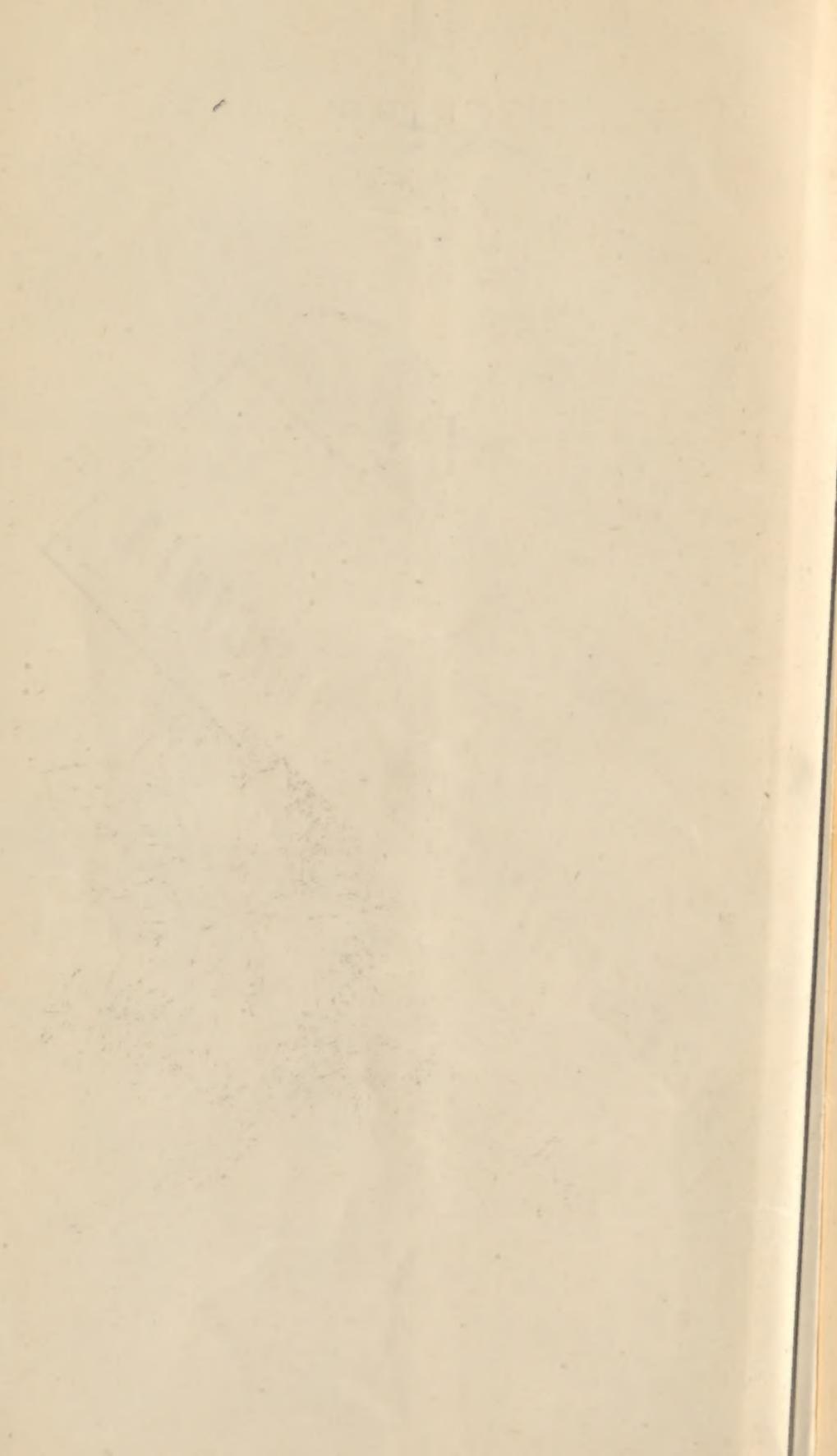


Description (a) of the Hot-
Springs of Virginia —





A DESCRIPTION

OF THE

HOT SPRINGS

OF

VIRGINIA.



RICHMOND, VA.:
BAUGHMAN BROS., PRINTERS.
1886.

THE HOT SPRINGS OF VIRGINIA.

THE VIRGINIA HOT SPRINGS are destined to be *the great health resort of America*. The curative qualities of the waters are sufficient to give them a *world-wide reputation*. They are *the only natural earth-heated mineral springs of HOT WATER east of the Mississippi river*, and exhibit *the same therapeutic effects* as the waters of the widely-known Arkansas Hot Springs, over which famous sanitarium they have a great advantage in point of *climate*, as it is well known that a more pleasant and salubrious summer climate is nowhere to be found than in the mountains of Virginia. The valley in which the Hot Springs are situated is 2,500 feet above sea-level, and it is a well-attested fact that malaria does not exist at such an elevation.

The Virginia Hot Springs have been resorted to by thousands of invalids, who, under the influence of the life-giving waters, have received great benefit, and in many instances been entirely cured of diseases for which home treatment had not availed, *and which had baffled the resources of medical science*. So very wonderful are many of the cures that have been effected here that no one afflicted with a *chronic disease* should despair of being restored to health before making a trial of these delightful and wonderful baths.

In the number of its mineral springs, the variety of their temperature, and their extraordinary remedial powers in many of the most serious, painful, and dangerous *Chronic Diseases* that afflict the human race, and in the healthfulness of its splendid climate, the Virginia Hot Springs offer to invalids suffering from the maladies in which thermal waters are indicated advantages and facilities for the recovery of health *which cannot be found elsewhere IN THE UNITED STATES*, and which are not surpassed, or perhaps not equalled, at any of the celebrated thermal springs in France or Germany, that for centuries have been places of great resort for persons in search of health.

LOCATION.

The Virginia Hot Springs are situated in the beautiful valley that lies at the western base of the Warm Springs mountain, in Bath county, Va., and which encloses, also, two other famous watering-places and de-

lightful resorts—the Warm Springs and the Healing Springs, which are distant from the Hot Springs five miles and three miles respectively.

They are near the line of the Chesapeake and Ohio railway, and are approached from either Millboro' Depot or Covington, over finely-graded turnpike roads. They can be reached from New York in almost eighteen hours, and from Washington city or Richmond in but little over twelve hours.

ROUTES.

From the North, via Washington city and Charlottesville, Va.; thence via Chesapeake and Ohio railway to Millboro' or Covington, Va.; or via Baltimore, Harper's Ferry, and Staunton, Va., and thence by Chesapeake and Ohio railway; or via Shenandoah Valley railroad from Hagerstown, Md., to Waynesboro', Va., connecting with Chesapeake and Ohio railway at that point; or from New York city to Richmond, Va., by Old Dominion Steamship Line.

From the South, via Richmond; or via Lynchburg, Va., and Charlottesville, Va., and thence by Chesapeake and Ohio railway; or from Lynchburg by Richmond and Alleghany railroad, connecting with Chesapeake and Ohio railway at Clifton Forge, and thence to Millboro' or Covington, Va.

From the West, via Louisville or Cincinnati or Huntington, W. Va., and thence by Chesapeake and Ohio railway to Covington or Millboro', Va.

STAGE ROUTES.

From *Millboro'* to *Hot Springs*, 20 miles.

From *Covington* to *Hot Springs*, 18 miles.

CLIMATE.

The Warm Springs Valley presents certain peculiarities of formation which greatly enhance the beauties of its scenery and contribute to the well-known salubrity of its climate. Lying between two parallel mountain ranges, whose general course is from northeast to southwest, it is intersected at other intervals by secondary valleys, which convey the mountain water-courses through corresponding gaps in the western range into Jackson's river. *This ensures the more perfect drainage and ventilation, by which this valley is distinguished from any other in the same section of the State.* The Hot Springs are found at the head of one of these intersecting valleys, and the

hotel is so situated as to command the finest view in both directions and to catch the summer breeze from every quarter.

The climate in summer is salubrious, invigorating, and inexpressibly delicious. The thermometer seldom rises higher than 85 degrees F. in the hottest days, and the nights are always cool and refreshing. Fogs, which occur so frequently in other settlements among the mountains of this part of Virginia, are seldom seen in this delightful valley, which, in the transparent clearness of the atmosphere and the exquisite tints of its skies, exhibit some of the distinctive features of Swiss and Italian scenery.

The surrounding heights of the Warm Springs Mountain attain, in many places, an elevation of over thirty-five hundred feet above the level of the sea, and afford the most extensive and imposing mountain scenery in America.

THE SPRINGS.

Within the grounds are found, in close proximity, numerous bold springs of hot and cold mineral water, ranging in temperature from 50 to 110 degrees Fahrenheit.

The different *Hot Springs* make their appearance in a line extending from the base of the mountain almost straight down a lawn in front of the hotel, the soil of which has the appearance of having been washed out of the base of the mountain to its present locality, and is highly charged with carbonates of the alkaline earths.

The flow from the springs is a constant and regular current with *unchanging* temperature; arising from great depth, the contingencies that control surface springs does not influence them.

Many theories exist regarding the cause of heat of such springs. It is claimed by Humboldt that it is imparted by the inherent heat of the earth. It is also asserted by many scientific persons that it is due to the action of water in union with great beds of minerals and chemical matter in the earth. Be this as it may, the waters come seething to the surface, sparkling with gases, and weighted with the peculiar chemical formations of the carbonates of the alkalis, alkaline earths, and other mineral substances, which give to them properties that *cannot be imitated by art*. It is the wildest fallacy to suppose that artificially-heated waters can ever possess any of the virtues of the waters of these springs. The efficacy of this wonderful fluid, medicated mysteriously in subterranean recesses, in effecting cures of the most inveterate diseases, is simply *miraculous*. Science cannot explain it; art cannot imitate it. It is nature's own work and her secret.

ANALYSIS OF THE WATER.

According to the analysis of Professor W. B. Rogers, the saline ingredients in 100 cubic inches of the water are:

Carbonate of Lime.....	7.013
" " Magnesia.....	1.324
Sulphate " Lime.....	1.302
" " Magnesia.....	1.530
" " Soda.....	1.363
Chloride of Sodium and Magnesium, with a trace of	
Chloride of Calcium.....	0.105
Proto-carbonate of Iron.....	0.096
Silica.....	0.045

The free gas consists of Nitrogen, Oxygen, and Carbonic Acid Gas.

To those acquainted with the wonderful activity of even a minute portion of any mineral substance diffused through a mineral water, this analysis itself would indicate, to some extent at least, the extraordinary curative and remedial properties of the waters of the Virginia Hot Springs.

But the chemical composition of a mineral water can lead to no just and certain conclusions in regard to its *full medicinal powers*. Its most potent may be incapable of analysis, and our only sure test in relation to the value of such an agent is experience of the result when it is used for the relief of disease in the human system.

Tried by this unerring test, the thermal waters of the Virginia Hot Springs are excelled by nothing ever known to the human race as a remedy in many of the most serious and *unmanageable* diseases that afflict humanity.

THE BATHS.

The bath-houses are extensive and complete in their arrangement. They have a capacity of over *twelve hundred baths* every twelve hours, with a separate pool and dressing-room for each bather.

In addition to the *invalid* baths, are large swimming-baths of hot and cold water for the use of the pleasure-seekers.

The Boiler Baths are supplied by numerous hot springs which issue from the earth under the floor of the pools, at a temperature of 110 degrees Fahrenheit, and retaining a permanent standard of 106 degrees in the full bath. Suitable machinery has been provided, by means of which invalids

who cannot walk or stand without inconvenience may be lowered into the bath, either in a recumbent or sitting posture.

All of the apartments are provided with beds and blankets, to enable patients who require it to undergo the "packing" and sweating process after issuing from the bath.

The Sulphur Baths are supplied from a remarkably bold spring of 102 degrees temperature. It makes a most delicious bath, and the ladies' compartment has an arrangement for ascending and descending douches in the treatment of uterine affections.

The presence of a notable amount of sulphuretted hydrogen is unmistakably revealed by the odor apparent at the source, and there is, moreover, a white sulphurous deposit very similar to that seen at the celebrated Greenbrier White Sulphur Springs.

The Hot Spout Baths, which are so popular with visitors, have, in addition to the pools for immersion, an arrangement by which a continuous column of water, at a temperature of about 106 degrees Fahrenheit, may be directed, at the will of the bather, to any part of the body.

They are used, not only by certain classes of invalids who derive conspicuous benefit from taking them, but also by many pleasure-seekers, who enjoy their exhilarating effects.

The Octagon Bath is supplied by one of the boldest springs on the grounds. The water rises from the floor of the bath, at a temperature of 100 degrees, highly charged with carbonic acid, nitrogen, oxygen, and sulphuretted hydrogen gas, which, bursting to the surface in thousands of bubbles, makes the water sparkle like a glass of wine. The bath is twenty-five feet in diameter, and five feet in depth. The water is very buoyant, and the effect of the bath is highly exhilarating. The size of the pool affords abundant room for the enjoyment of the novelty and luxury of a swimming-bath in hot water.

The Warm Baths are supplied with water at a temperature of about 95 or 96 degrees Fahrenheit. The pools are of convenient size, and there is an arrangement for taking the spout-baths also.

The Ladies' Pleasure Bath is supplied with water from the "NEW SCHLANGENBAD SPRING," so called from its remarkable resemblance, both in temperature and hygienic effects, to the German spa of that name, which is renowned all over Europe, not only as a delightful bath, but also for its *cosmetic properties*. The temperature is 86 degrees Fahrenheit.

The water contains very fine particles of a white chalky substance, which softens and removes all roughness of the skin, and gives to the body a sensation of having been anointed with some delightful ointment. It is in high favor with the ladies.

Its analysis, as furnished by Dr. R. H. Stabler, of Alexandria, Va., is as follows :

ACIDS.	grs.	BASES.	grs.
Sulphuric Acid.....	5.096	Soda	1.069
Chlorine277	Lime	8.512
Carbonic Acid.....	10.248	Magnesia.....	2.818
Silicic Acid.....	.960	Organic matter, a trace.	
Total amount of solids in a wine gallon, 28.48 grains.			

The Gentlemen's Pleasure Bath is supplied with water from a very bold *magnesian* spring, and the pool is of such extent as to constitute a large swimming-bath. The water is 78 degrees Fahrenheit in temperature, and the analysis, as furnished by Professor GILHAM, is as follows:

Carbonate of lime.....	9.4838	grains.
Carbonate of Magnesia.....	2.0194	"
Carbonate of Protoxide of iron.....	0.0838	"
Sulphate of lime.....	3.0225	"
Sulphate of Magnesia.....	1.0665	"
Sulphate of Potassa.....	0.5699	"
Sulphate of Soda.....	0.8502	"
Chloride of Potassium.....	0.1595	"
Chloride of Sodium.....	0.1252	"
Silica	0.6894	"

Besides constituting a most delightful bath, the waters of this spring are taken internally, and possess valuable properties in the treatment of some forms of Dyspepsia.

THE DRINKING WATERS.

The drinking waters comprise a great variety, and include SULPHUR, MAGNESIA, and FERRUGINOUS ALUM waters.

Particular attention is called to the ALUM WATER which, by chemical analysis, is shown to be fully equal to the very best found in this country, and is highly recommended for the use of persons suffering from CHRONIC DIARRHOEA, or DYSENTERY, SCROFULA, INFLAMMATION OF THE BOWELS, DYSPEPSIA, &c., and is also, by reason of the amount of iron it contains, highly esteemed as a TONIC and GENERAL RESTORATIVE.

The analysis of this water, as furnished by Professor GILHAM, is as follows:

One gallon of the water contains—

Sulphuric acid.....	29.984	grains.
Silica.....	1.327	"
Alumina.....	4.676	"
Protoxide of iron	2.222	"
Lime	5.574	"
Magnesia	1.565	"
Chlorine.....	Traces.	

Potash, soda, carbonic acid, and organic matters not tested for.

These substances are combined to form the following salts :

Of Sulphate of alumina	15.571 grains.
" " " protoxide of iron.....	4.747 "
" " " lime	13.537 "
" " " magnesia.....	4.695 "
" free sulphuric acid	5.471 "
" silicic acid.....	1.327 "

ON THE THERAPEUTICAL APPLICATIONS OF THE BATHS OF THE HOT SPRINGS.

The thermal waters of these springs, which vary in temperature from 78° to 110° F., belong to the class of "Indifferent" or "Feebly Mineralized" waters—that is to say, they are inodorous and without marked taste, containing no more mineral water than may be found in many specimens of ordinary drinking water. In this respect they strikingly resemble the waters of the famous Arkansas Hot Springs of America and those of numerous thermal springs of Europe, whose efficacy in the treatment of various chronic diseases has been attested by the uniform and consistent experience of many centuries—such as Gastein, Pfeffers, Wildbad, Plombières, Teplitz, etc. Some of these were known and frequented before the Christian era, and are still in such high repute as to be inconveniently crowded during the height of the season every successive year.

The therapeutical effects of the Hot Springs of Virginia are identical in kind and in degree with those which have been realized at these older and better-known establishments. A highly distinguished physician of France, Dr. Constantin James, who has made a special study of Thermal Therapeutics, enumerates the following diseases as more or less amenable to thermal treatment under appropriate directions :

DISEASES OF THE NERVOUS SYSTEM.—Hemiplegia, Paraplegia, Locomotor Ataxia in its early stages; Localized Paralyses; Neuralgias, especially such as are dependent upon Rheumatic congestion of the Nervilemma, as in the common variety of Sciatica, and in Cervico-Brachial Neuralgia, Myalgia-Chorea, &c., &c.

DISEASES OF THE DIGESTIVE SYSTEM.—Gastralgia, various forms of Dyspepsia; Chronic Diarrhea or Dysentery, Habitual Constipation; Hemorrhoids, when dependent on Hepatic congestions; other chronic disorders of the Liver, and as a palliative in Hepatic Colic.

DISEASES OF THE URINARY APPARATUS.—Vesical Catarrh, Engorgement of the Prostate; Retention of Urine, whether from Atony of the Bladder or from Spasmodic Constriction of the Urethra; some varieties of Albuminuria, Nephritic Colic, and Urinary Calculi.

DISEASES OF THE UTERUS AND APPENDAGES.—Amenorrhœa, Dysmenorrhœa; some of the troubles occurring at the Menopause-Uterine Cattarrh, Cervical and Vaginal Leucorrhœa, Engorgements of the Neck of the Womb, Chronic Ovaritis, and Ovarian Neuralgia.

GENERAL DISEASES—Chlorosis, Serofulous Affections, Malarial Cachexia; Chronic Cutaneous diseases, especially dry Eczema; Rheumatism in all its varieties except Rheumatic Fever, the sequelæ of Rheumatic Fever, Gout, Rheumatoid Arthritis, Syphilis, &c.

SURGICAL AFFECTIONS.—Dr. James also names several surgical diseases, of which the principal ones are various effects of old wounds and other injuries.

All of these affections, and some few others not here enumerated, have been treated at the Hot Springs of Virginia with results closely corresponding with those realized at the German spas and at the Hot Springs of Arkansas.

It is needless to say that it would always be prudent for an invalid to take the advice of his physician as to the propriety of resorting to thermal treatment, and especially that he should be guided by the Resident Physician as to the particular mode in which the baths should be taken.

OBSERVATIONS ON THE USE OF THE BATHS.

There is no special rule as to the best period of the day for bathing. Observation has shown that the effect is different in different cases, and the patient will be governed by the special circumstances of his case. A great many patients bathe in the early hours of morning, before breakfast; but those who are of a weak constitution are nauseated or rendered nervous by bathing when fasting. *In every case* the bath ought not to be entered for at least two hours after the last meal. When the weather is wet, great care should be taken to avoid catching cold, as the susceptibility of the skin to atmospheric influences is much increased by the baths. During the first few minutes after entering the bath, the patient should remain quiet; after that he should apply gentle friction to the ailing part, or receive the spout upon it. From fifteen to twenty minutes is a sufficient length of time to remain in the bath, and if the patient feels weakened or over-excited by the action of the water, he should shorten the duration of his bath. It is a *very great* mistake to suppose that the healing virtues of the waters are obtained from them in proportion to the length of time that is passed in the bath. Some patients, apparently with this idea, have prolonged their bath to a period that brought them positive injury, while many cases of wonderful cure have been effected by using the bath for but a few minutes each day. Persons suffering from gouty or rheumatic afflictions, in whose cases it is desirable to keep up, for a time, the per-

spiration excited by the bath, should undergo the packing process at the bath room, or go to their rooms and lie down and cover with blankets. Others, if the weather be suitable, may take a brisk walk, *always* keeping well wrapped up, to avoid taking cold. In order that the use of the baths and mineral waters should lead to a successful result, it is of the first importance to observe a careful diet and to be temperate at meals. The overloading of the stomach, even with proper nourishment, is quite as injurious as the partaking of forbidden dishes.

The essential rule for those who resort to the waters of the Hot Springs, is to *devote themselves wholly and entirely to their cure*. These waters will do wonderful things for you if you permit them, but it is a mistake to suppose, that because a bath is taken regularly, and a certain quantity of water drunk each day, that all requirements have been met, that the patient need not exercise any care over himself, but that a cure *must necessarily follow*. To insure its complete success, the treatment should be followed with regularity and without interruption, and *extreme care* should be taken by the patient not to do anything to counteract the beneficial effects of the baths and waters. We advise all who come for treatment to place themselves under the direction of the resident physician. Many, and some very serious, mistakes are made by persons who unadvisedly make use of the baths and waters.

MEDICAL TESTIMONY AS TO THE VALUE OF THE HOT SPRINGS BATH AS A REMEDIAL AGENT.

As the certificates in our possession, from persons who have been cured by the use of these baths, are too numerous for publication in the compass of this work, we have selected the following letters from eminent physicians who have either personally experienced the beneficial effects of the baths, or observed their action on their patients:

LETTER OF DR. RIVES, OF ROANOKE, VA.

His opinion of the value of the Hot Springs as a remedial agent in rheumatism, gout, diseases of the liver, paralysis, enlargement of the prostate gland, &c.

DEAR SIR,—After suffering for two years excruciating pain from chronic rheumatism, I determined to try the effects of the Hot Springs baths for this disease. In accordance with this determination, I spent about two weeks last September at your Springs (my occupation not giving me more leisure at that season), and I was for a time somewhat disappointed at the result, as my pains were rather increased for a month after my return home; but during the whole of the past winter I have been

entirely free from this painful malady, notwithstanding constant exposure to the inclemencies of weather in the practice of my profession. I attribute the cessation of these rheumatic pains entirely to the effect of the Hot Springs baths.

I observed that the primary effects of the baths upon the circulation of the blood was excitant, and the secondary effect sedative; which accounts, in part, for the curative properties of your baths in chronic diseases, especially where depositions or morbid alterations have occurred in the tissues. Along with this excitement of the circulation of the blood is a corresponding excitation of the absorbent vessels, which in chronic diseases generally are inactive. These vessels are stimulated to the performance of their natural functions, and the result is, that the deposits which have been left in the tissues by previous disease are reabsorbed, and these tissues restored to their normal structure and functions. The secondary sedative effect insures the patient against the danger of an inflammatory action. Thus stimulated from day to day, the absorbent vessels regain their wonted office, and disease gradually disappears. This is without doubt the "rationale" of the way in which the Hot Springs baths cure the chronic form of rheumatism, gout, menstrual derangement dependent on ulceration of the womb, syphilis, enlargement of the prostate gland, deformities from old injuries, &c., &c. What assistance is derived from the chemical constituents of the waters I am unable to determine, but I should think their influence must be potent, or such results would hardly have obtained as I have witnessed in the above-named diseases, and in paralysis, torpidity and enlargement of the liver, enlargement of the spleen, jaundice, and in some forms of chronic diarrhoea.

The spout baths proved in my own, and in many other cases, as active a stimulant to the liver as calomel itself. From personal observation, and upon the representation of many intelligent visitors, I have no hesitation in recommending persons afflicted with any of the diseases I have enumerated, to resort to the Hot Springs as the most pleasant mode of obtaining relief. I certainly expect to avail myself of the advantages of these baths for a short time every summer.

With sentiments of the highest regard,

I remain your friend and obedient servant,

LANDON RIVES, M. D.

LETTER OF DR. WILLIAMSON, OF BOYDTON, VA.

His opinion of the beneficial effects of the Hot Springs when employed to prepare the system for the use of other mineral waters; also in diseases of the liver, gout, rheumatism, paralysis, &c., &c.

DEAR SIR,—I cheerfully comply with your request for my opinion as to the curative powers of the Hot Springs. From my observation of the

effects of these waters, I am entirely satisfied that they are among, if not the most, potent of the Mineral Springs of Virginia, for the cure of most of the obstinate chronic forms of disease for which they are resorted to, particularly for the condition of the system depending on a general derangement of the secretions, with torpor and inactivity of the various organs. With very few exceptions, I regard the Hot Springs as the best preparatory for beneficial results from the use of the waters of the other springs. They excite the torpid organs, and thereby render the system more susceptible of immediate effects in many cases in which other waters are ultimately more especially adapted.

It is frequently the case that invalids spend some time at the White Sulphur and other springs with but little if any benefit, when, upon visiting the Hot Springs, and returning to these places, they experience immediate beneficial results. I generally advise invalids, who consult me as to the use of the various mineral waters, to resort to the hot baths before visiting other springs; and to do this in many cases, in which I regard other waters as more particularly indicated, for the reason that I believe the relaxing effect of the hot baths renders the system much more susceptible of prompt and efficient action from other waters. I am convinced that in many instances in which the sulphur waters are resorted to, in the first instance with but little or no beneficial result, they would prove highly efficient if aided by a previous application of the hot baths. As a remedial agent in gout, rheumatism, paralysis, and all affections of the liver, *the Hot Springs are justly considered without a rival.* In fact, so astonishing has been the relief afforded by these waters in the diseases here enumerated, and in others, that it would be almost incredible but that it is attested by persons of as high character as any in the land.

Yours, truly,

JOHN W. WILLIAMSON, M. D.

LETTER OF DR. FRANCIS E. LUCKETT, OF RICHMOND, VA.

His opinion of the value of the Hot Springs as a curative agent in various chronic diseases.

MY DEAR SIR,—In response to your inquiries on the subject, I take much pleasure in furnishing you with my impressions as to the medicinal and remedial properties of the Hot Springs water. Having resided for four years or longer at the Warm Springs, (but five miles distant,) engaged in the practice of my profession, most favorable opportunities were afforded me, in numerous instances, for observing the curative influences of these waters, and I do not hesitate to say that I believe them to be the most reliable and efficient agents in the treatment and cure of the large class of diseased conditions to which they are adapted in this country. I will

enumerate as follows: Chronic rheumatism and gout, paralysis in its different forms, neuralgia, diseases of the liver, with its various complications and consequences, as jaundice, indigestion, obstinate constipation, dropsical effusions, &c., visceral engorgements, as of the spleen and other organs, irritation of the spinal column, with its attendant consequences; the numerous class of deformities arising from injuries to muscles and joints; chronic diarrhoea, dependent upon torpidity of the liver or debility; engorgement or enlargement of the uterus, attended with suppressed, diminished, or painful secretion; enlargement of the prostate gland. Such is my confidence in the curative action of the hot spout, that I shall seek its aid the coming summer, in my own case for the relief of a torpid liver with rheumatic complication.

Hoping sincerely that you may enjoy in the ensuing season, as heretofore, that exteded patronage which both the value of the water and the admirable accommodations of the place are so well entitled to secure,

I remain, very truly yours,

F. E. LUCKETT.

LETTER OF F. B. WATKINS, M. D., OF RICHMOND, VA.

GENTLEMEN, I herewith give you my views and opinions in relation to the value of the Hot Springs, Bath county, Va., of which you are now proprietors. *I regard them as the most valuable thermal springs on this continent*, and would be glad to direct the attention of physicians unacquainted with them to their great value as a powerful auxiliary in the many obstinate cases of disease. You can make any use of this letter you may see fit. Some years ago my own ill health led me to pass almost the whole of the season at these Springs. During my sejourn there—from circumstances not necessary to detail here—I had peculiar advantages for observing the action and effects of the waters and baths in a variety of diseases. My convictions then formed are still unchanged, and I regard the Hot Springs as of more value for a large class of patients than any other watering-place in America; and, furthermore, that the curative power of these waters, when directed by an intelligent physician, is greater, more prompt and certain than almost any agent which we can select from the *materia medica*. The Hot Springs were thronged with visitors the whole of the season I spent there, so I had ample opportunity for observation; and I will here take the liberty of remarking, as one of the results of my experience, that both physicians and invalids fall into grave error, in my opinion, by not seeking the Hot Springs as a place of *first resort*, instead of visiting it *last*, and if many patients who now reverse this order of proceeding would go at first to the Hot, they would often find no necessity or inducement to go elsewhere to seek relief from their maladies.

I believe the Hot Springs is the best place of preparation for deriving benefit from other mineral waters in the State. I do not mean these re-

marks to apply to those cases of chronic rheumatism, gout, nervous diseases and their congeners, for the relief of which the Hot has at least an American reputation and no competitor, but to a still larger class of disorders of liver, stomach and bowels.

I do not presume to address these remarks to medical men who may have enjoyed the same opportunities for experience on this subject as I have, but to those of my brethren who have no personal acquaintance with the "Hot," who may be glad to learn of that valuable agent for the relief of intractable diseases.

Very respectfully yours,

F. B. WATKINS, M. D.

LETTER OF DR. O. A. CRENSHAW, OF RICHMOND, VA.

Mrs. ——— came to Richmond June 17th, 1868, very much enfeebled by a protracted illness, from which she had but partially recovered, and which she attributed to dyspepsia and nervous debility.

When I first saw her she was very feeble and pallid, with slight appearance of jaundice about the eyes. In a few days she had a severe attack of dyspepsia, with vomiting and torpid liver. In a week the liver resumed its functions, but the prostration, nausea, and anorexia continued. An examination of the urine at this time revealed the fact that she was suffering with albuminuria. She was treated by Dr. Fairfax and myself for this disease, but her stomach continued so irritable as to rebel against almost everything, especially iron, which we attempted in vain to administer in many forms. We had to abandon all active treatment. The patient grew worse from day to day, and in the course of ten days the urine became very scant, and drowsiness supervened. These alarming symptoms continued to increase until the suppression of urine was complete, and the patient remained in a state of stupor for several days. Gradually, however, the kidneys resumed their functions, and the stupor wore off, leaving the patient in a state of the greatest prostration.

As the weather was extremely warm, and we saw no prospect of recovery here, it was determined to send the patient to the Hot Springs, although we were doubtful whether she would survive the journey. She was put on a bed in the cars, and bore the trip better than we expected. She commenced the baths within a day or two of her arrival, and the amelioration of all unfavorable symptoms was marked and immediate. Ten days from the time of commencing the baths a portion of the urine was sent to me for examination, and to my great surprise not a trace of albumen could be detected. Several other specimens were afterwards sent, and with the same result. I must here state that during her stay in Richmond the urine was examined every two or three days by Dr. Fairfax and myself, and we always found a very considerable quantity of albumen.

In three weeks this lady left the Hot Springs very much strengthened

and entirely relieved of all symptoms of kidney disease, but suffering slightly with muscular rheumatism.

I saw her again in September, 1869, when she informed me that she had remained entirely free of all kidney disease; was fleshy and strong, and only complained of slight muscular rheumatism.

O. A. CRENSHAW, M. D.

This report is necessarily imperfect, because it is made from memory entirely.

O. A. C.

LETTER OF DR. GEO. C. SUGG, OF TARBORO', N. C.

GENTLEMEN,—I received your letter asking me to give you a history of my case of nervous rheumatism. When I was at the age of twelve years I was stricken down with acute rheumatism in my back. I am now thirty-eight years of age, and have never found any immediate relief from any of the most popular remedies in the Medical Dispensatory of the United States. I have tried colchicum, guaiacum, iodide of potassium, phosphate of ammonia, iodine, &c., &c., which are the most efficient remedies generally resorted to in every-day practice, and I now can say for the last five years I have been spending my winters in bed until the last one, and have been compelled to walk upon crutches. During the winter of 1865 I was confined to my bed from the first of October to the first of May. I was so badly afflicted that I could not move any portion of my body except my hands and eyes, and my bed was not made up for two months. I could not bear a person to touch my bed. I was afflicted mostly in both legs and feet, and finally settled in my right hip-joint, which is stiff at this time, but improving. Last summer I ventured to take a journey to the Hot Springs, in the mountains of Virginia, to try the effects of the hot baths. I applied the baths regularly until I had consumed thirty-five tickets. I was very much disheartened and dissatisfied; the baths made me very sore, lame and weak. I remained at the Springs about six weeks, and departed, thinking there was no relief for my case, and on arriving at Staunton and remaining over for the night, to my surprise and astonishment I was turning about in bed a thing I had not done for the last three years, and ever since then I have been improving gradually and escaped my usual winter attack; have lost the soreness and tenderness of my limbs, and can walk a mile on my crutches without any inconvenience, and could go without them entirely if my right hip was not stiff from lying so long confined in bed. I think now if I had remained longer—say three months—I should have entirely recovered. The water acted like a charm upon my secretions, and kept my bowels open, and now I am very regular. The rheumatism I always believed originated from a disordered state of the liver, and I can safely assert that the waters of the Hot

Springs are all that can be asked for in all liver complaints. I shall, if Providence permits, visit you again this season about the first of July.

I remain, most respectfully yours, &c.,

GEO. C. SUGG, M. D.

LETTER OF DR. L. E. ATKINSON, OF PENNSYLVANIA.

MY DEAR DOCTOR,—In accordance with the promise I made you upon leaving the Hot Springs, I now write to give you an account of my case since my departure.

You will recollect that when I visited the Springs I was suffering with chronic synovitis of both knee-joints, which had appeared as a sequel of typho-malarial fever sixteen months before. My knee-joints were much swelled, and very tender and painful. The soft tissues were thickened, and there was considerable liquid effusion in the interior of the synovial sacs. The flexor muscles of the thigh were rigid and contracted, and I walked with difficulty upon crutches, and even with their use, for a short distance. My general health was very much reduced by the suffering which I had undergone, and the antecedent disease. My system had completely failed to respond to the action of medicine, however judiciously administered, and hot bathing was looked upon as a *dernier resort* in my case. In this condition I visited the Hot Springs, and began bathing under your direction. At first the pain and swelling of my joints was considerably aggravated, but upon continuing the baths the former gradually disappeared, and before two weeks I was enabled to sleep more comfortably than I had done for more than a year before. My general health now began to improve, and I gained in weight quite rapidly. I continued bathing for a month, when I returned home, visiting Cape May and Atlantic City *en route*. After leaving the Hot Springs I continued to improve. The swelling in my joints diminished; the liquid effusion in their interior has almost entirely disappeared. They are much stronger than formerly, and my general health has gone on improving steadily. I now walk quite a long distance without much effort, and, in all respects, much better than before my visit to the Springs.

With my best wishes for your future prosperity, and my grateful acknowledgments for the kindness shown me while under your professional care, I am, my dear doctor,

LOUIS E. ATKINSON, M. D.,
Of Thompsontown, Juniata county, Penn.

LETTER OF DR. A. A. CAMPBELL, OF NOTTOWAY COUNTY, VA.

I was violently attacked with what is commonly called the Bilious Colic, (whether from the passing of calculi or a deranged state of the se-

cretions of the liver I am unable to say, followed by an ardent fever, terminating on the ninth day in a well-marked case of jaundice, with dyspeptic symptoms and great debility. As soon as I was able to travel, I set off for the White Sulphur Springs in a carriage, and was again attacked on the day of my arrival with violent pains and spasms in the region of the stomach and liver, followed by fever and an increase of all the above-mentioned symptoms. And as soon as it was thought prudent, I commenced the use of the White Sulphur water in combination with the blue mass or calomel, and the most approved vegetable extracts. The water, so far from relieving, evidently aggravated my disease, proving highly exciting, and not in the slightest degree affecting the biliary secretions. I used the White Sulphur water eighteen days, and not receiving any benefit I determined to try the Hot Springs. On my arrival there I was greatly debilitated and in much pain: commenced the use of the bath that evening, and so great was the sensibility of the liver and the whole abdominal region, that I could not for a moment suffer the spout bath to fall on it. I used the spout bath with evident benefit for five days, and on the sixth went into the boiler or sweat bath. The first sweat seemed to unlock the liver as by magic, causing free discharges of bile, and from that day all the functions of that organ appeared to be perfectly healthy and regular. I daily gained flesh and strength, and returned in the latter part of September nearly restored to health. In December following I was again attacked with all my old symptoms, if possible in a more violent degree (produced by exposure to a snow storm), which nearly proved fatal. I was confined to my bed all the winter, and did not leave my house till late in March. My recovery was slow and imperfect, and in August following I determined to try the Hot Springs again. On my arrival my health was very bad—symptoms nearly as before, my bowels nearly insensible to the most drastic cathartics. I was not disappointed in my hopes from the use of the baths, but realized my most sanguine expectations. After using the spout and sweat baths alternately for eighteen or twenty days, finding my health greatly improved, I went on to the White Sulphur, and found the water to agree admirably well with me, experiencing none of the injurious effects this season which it evidently produced in 1838. Since my return home I have continued to enjoy good health, *and have no hesitation in saying that I owe it all, under a kind Providence, to the Hot Springs.* I have purposely delayed sending this communication at an earlier day, that there should be no mistake from any temporary benefit derived from the use of the baths. My experience warrants me in saying that the use of the Hot Springs bath is the very best preparation of the system for the safe and beneficial use of the Sulphur Waters of Virginia.

A. A. CAMPBELL, M. D.

LETTER OF DR. CHAS. CARTER, OF CHARLOTTESVILLE, VA.

At the request of Mrs. Kelly, I furnish you with a brief statement of her case.

Mrs. Kelly was attacked with unequivocal and decided hepatitis: First, in its usual form, with all its peculiar and characteristic symptoms, resisting the most active and vigorous remedial agents that could be adopted—the disease gradually progressing into the chronic forms, with enlarged liver, jaundice, diarrhea, &c. In this stage the appropriate remedies were perseveringly used—still without relief, until the season approached for a trial of the mineral waters. At this period, such was her debility, emaciation and prostration, that her friends despaired of her reaching the Springs. The effort, however, was made, and she arrived at the White Sulphur, where she remained six weeks, using the water without improvement in her complexion, or any favorable impression on the disease; she was then transferred to the Hot Springs, where she remained one month, assiduously employing the boiler and the spout baths, and under their use she became completely relieved, the jaundiced state of the skin disappearing, also the enlarged condition of the liver, with an almost entire exemption from any serious recurrence of the disease from that period to the present time.

CHAS. CARTER, M. D.

LETTER OF DR. THOS. LINING, SOUTH CAROLINA.

On the 9th of March last I was seized with a violent attack of gout, which continued to harass me until toward the latter end of June, at which time my friends urged on me the necessity of visiting the Springs of Virginia. Having been confined to my bed the greater part of three months, I left Charleston on the 22d, and reached the Warm Springs on the 28th of July, very lame and much reduced in flesh. I remained at the Warm Springs for twelve days, using the bath daily; at the expiration of this time, finding I had derived but little benefit, I determined to try the effects of the spout baths at this place. After using them a few days, I became sensible of an evident improvement; the tendons of my feet became relaxed, the swelling of the joints diminished, and I found my health improving daily; before the expiration of a fortnight, I had so far recovered as to enable me to visit the White and Salt Sulphur and Sweet Springs, without experiencing much inconvenience from travelling. The benefit that I have experienced from the spout baths is far greater than I had anticipated. My health is much improved, and I can now walk without the aid of a stick, and with little pain or limping. To persons affected with *chronic gout* or rheumatism, I feel warranted in recommending the baths of the Hot Springs as far superior to any of the watering-places in Virginia.

THOS. LINING, M. D.,

Of South Carolina.

LETTER OF PROF. J. L. CABELL, OF THE UNIVERSITY OF VIRGINIA, PRESIDENT OF NATIONAL BOARD OF HEALTH.

UNIVERSITY OF VIRGINIA, Feb. 6, 1882.

Proprietor of Hot Springs of Virginia:

DEAR SIR.—In answer to your request for a testimonial-letter with respect to the curative properties of the waters of the Hot Springs of Virginia, where I have spent my summers for the last twelve or thirteen years, and where I have been the medical adviser of the visitors undergoing treatment for various chronic diseases, it will suffice to say that these waters, being natural thermal waters, exhibit the same therapeutical effects which have been so well established at the celebrated thermal springs of Europe, and at the widely-known Arkansas Hot Springs of this country. What these effects are is well known to the educated physicians in every part of the United States, and invalids should consult their medical advisers before going to the springs.

Your place has this inestimable advantage for those who leave their homes in the summer months, unquestionably the best season for thermal treatment, that its summer climate is inexpressibly bracing and delightful. Its advantages in this respect, as well as the curative virtues of the baths for the chronic diseases to which they are applicable, are well known to the leading physicians of this State and to those of the principal cities of the Union.

J. L. CABELL, M. D.

In this connection we add—

OPINION OF DR. GEORGE B. WOOD,

of Philadelphia, in regard to the curative properties of the Virginia Hot Springs in rheumatism, gout, and chronic hepatitis.

In his work on the Practice of Medicine, Dr. Wood, one of the professors in the University of Pennsylvania, and one of the most eminent medical men of the age, thus notices these waters as remedial agents. Under the head of *chronic rheumatism* he says see second edition, vol. 1, page 443, Wood's Practice of Medicine : "The hot bath taken daily and persevered in for a considerable time often does much good, and obstinate local affections sometimes give way to a stream of hot water directed upon them, or the hot douche. A visit to the Hot Springs of Virginia may be recommended."

Under the head of *gout*: "The Hot Springs of Virginia are sometimes very beneficial." Vol. 1, page 464, second edition, Wood's Practice.

Under the head of *chronic hepatitis* (Wood's Practice, second edition, vol. 2, page 461): "The Hot Springs of Virginia have also been found useful employed in the form of a bath."

And the following extract from Dr. Bell's "Treatise on Baths," describing the action of thermal waters.

"In chronic rheumatism and gout, and in chronic stomachic and intestinal diseases, in which the circulation is languid and the skin cold and clammy, and tongue moist, and there is an absence of thirst, the hot bath and hot douche and drinking the hot water display often wonderfully restorative powers. So also in tumid livers and spleens after a subsidence of fever, and phlogosis in paralysis, when the brain has recovered its functions, and in stiff and ankylosed joints and indolent and serofulous tumors, old ulcers and chronic diseases of the skin, especially of the scaly kind, these means deserve a full trial. The application of hot water by douching adds greatly to its power.

"Nine-tenths of the patients who resort to hot bathing at Bath, England, the temperature of the water being upwards of 100° F., are paralytic. Of these more than two-thirds are either cured or receive great benefit. In chlorosis and sterility, not depending on organic affections of the uterus or ovaries, thermal baths have displayed excellent effects."

REFERENCES.

Our list of names of guests whom we might give as reference, is too extensive for publication in this work. They are to be found in almost every community throughout the country.

For information in regard to the value of the waters of the Virginia Hot Springs as a remedial agent, we refer to the *Medical Profession generally*, and as special references we add the names of some of the physicians who have been visitors to these springs, or who have sent their patients to them for treatment.

NEW YORK CITY.

Dr. L. A. Sayre.
Dr. J. Marion Sims.
Dr. Wm. A. Hammond.
Dr. John T. Sietcalf.
Dr. A. L. Loomis.
Dr. A. Jacobi.
Dr. T. R. Stone.
Dr. Fordyce Barker.
Dr. F. N. Otis.
Dr. E. G. Janeway.
Dr. — Polk.
Dr. Leonard Weber.
Dr. M. Hildreth.
Dr. C. R. Agnew.
Dr. L. D. Bulky.
Dr. M. A. Pallen.
Dr. G. S. Winston.
Dr. M. S. Buttles.
Dr. Herman G. Klotz.
Dr. J. Albert.
Dr. J. C. Conover.
D. — Matthews.
Dr. Stephen Smith.
Dr. T. A. McBride.

BROOKLYN, N. Y.

Dr. L. D. Mason.

PENNSYLVANIA.

Dr. A. H. Agnew, Philada.
Dr. C. Neidham,
Dr. O. J. Wistar,
Dr. Caspar Wistar,
Dr. J. F. Edwards,
Dr. Jno. D. Griscom,
Dr. C. P. Krauth,
Dr. E. W. Watson,
Dr. A. Ham. Smith,
Dr. R. H. Hare,
Dr. P. A. Dudley,
Dr. J. Berens,
Dr. C. B. Nanorede,
Dr. R. D. Jones,
Dr. Penrose,
Dr. Goodell,
Dr. Martin Luther, Reading.
Dr. J. Cleaver.
Dr. Ullmann, York.
Dr. R. B. Okie, Berwyn.
Dr. W. H. Daly, Pittsburg.
Dr. J. W. McClellan,

NEW JERSEY.

Dr. E. W. Pyle, Jersey City.
Dr. H. H. James, Rahway.

WASHINGTON, D. C.

Dr. A. Y. P. Garnett.
Dr. A. D. F. King.
Dr. W. B. Hood.
Dr. L. Tyler.
Dr. Tucker Blake.
Dr. W. C. Briscoe.
Dr. P. L. Schucking.
Dr. W. C. Melburne.

MARYLAND.

Dr. Wm. T. Howard, Balto
Dr. F. Donaldson,
Dr. F. Hassencamp,
Dr. W. G. Harrison,
Dr. B. B. Brown,
Dr. W. R. McKnew,
Dr. W. H. Stokes,
Dr. Geo. Buling,
Dr. Thos. J. Johnson,
Dr. G. M. Bosley,
Dr. J. A. Stewart,
Dr. T. F. Andrews,
Dr. W. C. Van Bibber,
Dr. Chris. Johnson,
Dr. W. J. Cole,
Dr. J. M. H. Baleman, East'n
Dr. T. J. Dutorn, Frederick
Dr. C. Smith,
Dr. W. Ragan, Hagerstown
Dr. F. Dorsey,
Dr. B. W. Goldsborough,

Cambridge.

MASSACHUSETTS.

Dr. M. P. Browning, Boston.
Dr. E. de la Granja,
Dr. J. H. Haywood, Plym'gh

ILLINOIS.

Dr. Chas. G. Smith, Chicago
Dr. Watson,
Dr. A. Reeves Jackson,

MISSOURI.

Dr. M. M. Pallen, St. Louis.
FLORIDA.

Dr. G. W. Belton, Tallahas'e

TEXAS.

Dr. S. M. Welsh, Galveston.
Dr. F. E. Daniel, Austin.

VIRGINIA.

Dr. Hunter McGuire, Rich'd.
Dr. John Knox,
Dr. Isaiah White,
Dr. Dorsey Cullen,

Dr. H. Wythe Davis,
Dr. A. N. Wellford,
Dr. Geo. Ross,
Dr. M. B. Carter,
Dr. F. T. Willis,
Dr. O. F. Manson,

Dr. J. B. McCaw,
Dr. C. Berkeley, Staunton.
Dr. McChesney,
Dr. Fauntleroy,

Dr. J. A. Claiborne, Peters'g
Dr. Wm. Selden, Norfolk.
Dr. Melville Halifax C. H.

Dr. W. O. Owen, Lynchbu'g.
Dr. D. A. Langhorne,
Dr. J. L. Cabell, U. of Va.

Dr. W. B. Towles,
Dr. J. R. Page,
Dr. Douglas Tardy,

Dr. W. S. Robertson, Danv'le
Dr. J. S. Stone, Loudoun co.
Dr. C. B. Griffin, Salem.

Dr. O. Wiley,
Dr. Sorrell, Roanoke.
Dr. C. D. Whittle, Lunenburg co.

WEST VIRGINIA.

Dr. E. S. Buffington, Huntington.

NORTH CAROLINA.

Dr. W. H. Whitehead, Batileboro'.
Dr. H. B. Marnott,

KENTUCKY.	Dr. C. B. Schoolfield, Dayt'n.	Dr. Clark, Cincinnati.
	Dr. G. H. Stewart, Bellevue.	Dr. E. G. Dalton, "
Dr. J. A. Oesterlony, Louis-ville.	Dr. L. B. Todd, Lexington.	Dr. J. F. Barrows, "
Dr. D. W. Yandell, "	Dr. H. M. Skillman.	Dr. D. Judkins, "
Dr. Turner Anderson, "		Dr. C. Y. Comeqys, "
Dr. J. M. Clemens, "		Dr. D. W. Henderson, Marysville.
Dr. F. H. Noonan, Covington	Dr. A. S. Dandridge, Cincin-	Dr. E. J. Wilson, Mt. Vernon.
Dr. R. Pretlow, "	Dr. Geo. E. Walton,	Dr. R. M. Gibson, Ports'm'th.
Dr. C. H. Thomas, "	Dr. Edward Rives,	Dr. P. J. Kline, "
Dr. W. H. Hunt, "	Dr. W. J. Murray,	Dr. J. M. McCurdy, Youngs-
Dr. J. H. Blair, "	Dr. W. M. Logan,	town.
Dr. Rawdon, Newport.	Dr. F. B. Mussey,	Dr. J. E. Woodbridge, "
Dr. F. A. Davis, "	Dr. Buckner,	Dr. C. C. Hildreth, Zanes-
Dr. H. Gunkel, "	Dr. E. Y. Howard,	ville.
Dr. A. S. Dameron, Dayton.	Dr. Eshmann,	

GENERAL REMARKS.

Recent improvements have made the Virginia Hot Springs one of the most comfortable watering-places offering for public patronage. Its central position among the famous springs and resorts of Virginia and West Virginia, makes it especially attractive to pleasure-seekers, for whose convenience excursion tickets to White Sulphur Springs, Natural Bridge and other points have been arranged, and a well-equipped livery will provide facilities for guests to visit the neighboring springs.

The hotel capacity is extensive and the accommodations are first-class in all departments. The furniture and equipment are new.

In addition to the large hotel, are conveniently-located cottages, affording for families, and others who may desire it, more private and retired quarters.

In the management of the establishment every effort will be made to promote the comfort of invalids, and to render the place an agreeable resort to those who come in search of recreation and pleasure. The usual means of amusement have been provided; a billiard-room and bowling-alley will be found on the premises.

Express and Telegraph Office in the hotel.

Through tickets to the Virginia Hot Springs will be found on sale at all of the principal railroad stations and ticket offices in the country:

TERMS :

Per Day	\$ 3 00
Per Week	20 00
Per Month (4 weeks)	75 00

Children under twelve years of age half rates.

No charge for children under three years of age.

Servants, in servants' quarters (colored), half rates; White, two-thirds of full rate. Otherwise, according to the accommodation required.

For further information, address

J. A. AUGUST, Proprietor,

HOT SPRINGS, Bath county, Virginia.

